Your personalized exercise program (this section is meant to be removed so you can post or keep it in a convenient location)

Perform the checked exercises: _____ times every day

Other instructions: _____



1

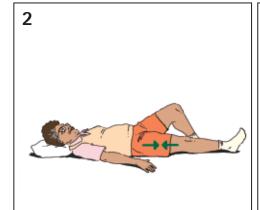


Ankle Pumps

To maintain range of motion and increase circulation.

The exercise: Bend ankles to move feet up and down, alternating feet.

Repeat: _____ times

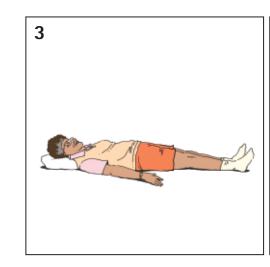


Quad Set

To strengthen thigh muscles

The exercise: Slowly tighten thigh muscles of straight leg while counting out loud to ______.

Repeat: _____ times



Gluteal Squeeze

To strengthen buttocks muscles

The exercise: Squeeze buttocks muscles as tightly as possible while counting out loud to ______.

Repeat: _____ times

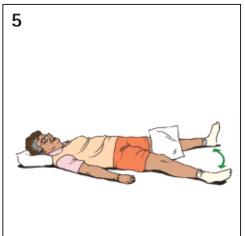
4

Heel Slide

To strengthen thigh muscles and increase range of motion at hip

The exercise: Gently bring one knee up as far as possible, keeping foot on floor. Return.

Repeat: _____ times

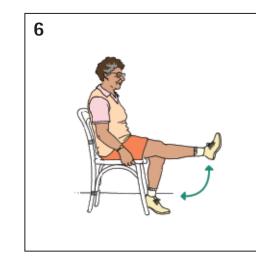


Abduction

To strengthen thigh muscles

The exercise: Put a pillow between thighs. Slide one leg out to the side.
Keep kneecap pointing toward ceiling.
Gently bring leg back to pillow.

Repeat: _____ times



Seated Knee Extension

To strengthen thigh muscles

The exercise: Sit on chair or bed.

Straighten operated leg and try to hold it ______ seconds.

Repeat: _____ times each leg

Precautions

Do Not bend your hip more than 90°.

Do Not cross your legs at the knee or ankle.

Do Not rotate your knee or foot inward.

